

Ultimate Self-Acceptance

**Radiate Love from The Inside
Out**

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where you completely accept yourself and are open and honest with others.

Tips for Success

Keep a daily journal and record any objective evidence that you are becoming more accepting of yourself and are able to fully share yourself with others. Write down any positive comments others make.

Please visit our forum to share your successes, or to ask any questions:

mindpersuasion.net

Affirmations

I love myself

I accept myself

I appreciate myself

I love my body

I accept my body

I appreciate my body

I love my life

I accept my life

I appreciate my life

I love my past

I appreciate my past

I accept my past

I love my future

I appreciate my future

I accept my future

I love my thoughts

I appreciate my thoughts

I accept my thoughts

I accept my relationships

I appreciate my relationships

I love my relationships

I love my face

I appreciate my face

I accept my face

I love my skills

I appreciate my skills

I accept my skills

I love my intelligence

I appreciate my intelligence

I accept my intelligence

I love my ideas

I appreciate my ideas

I accept my ideas

I love the present

I appreciate the present

I accept the present

I love who I am

I appreciate who I am

I accept who I am

I love who I'm becoming

I appreciate who I'm becoming

I accept who I'm becoming

I love who I've been

I appreciate who I've been

I accept who I've been

You love yourself

You accept yourself

You appreciate yourself

You love your body

You accept your body

You appreciate your body

You love your life

You accept your life

You appreciate your life

You love your past

You appreciate your past

You accept your past

You love your future

You appreciate your future

You accept your future

You love your thoughts

You appreciate your thoughts

You accept your thoughts

You accept your relationships

You appreciate your relationships

You love your relationships

You love your face

You appreciate your face

You accept your face

You love your skills

You appreciate your skills

You accept your skills

You love your intelligence

You appreciate your intelligence

You accept your intelligence

You love your ideas

You appreciate your ideas

You accept your ideas

You love the present

You appreciate the present

You accept the present

You love who You are

You appreciate who You are

You accept who You are

You love who You're becoming

You appreciate who You're becoming

You accept who You're becoming

You love who you've been

You appreciate who you've been

You accept who you've been